TEENAGE PATTERN ALTERATIONS for scoliosis

by

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INTRODUCTION

Scoliosis, a lateral deviation of the vertebrae column, primarily affects teenage girls. In fact, according to the Merck Manual, 1982, sixty to eighty percent of the cases occur in girls. Scoliosis may first be suspected when one of the shoulders is noticed to be higher than the other or when clothes do not hang straight. Counseling and support are the major components of care for teenagers with this physical deformity. (Merck Manual, 1982). The teenage years are often described as "the conforming years." A prominent area of concern for teenagers, especially girls is conforming to clothing styles.

This report is intended to serve as a support for teenage girls who have scoliosis to help fit clothing properly over an orthopedic brace. The material was developed and tested by students in Textiles, Clothing and Design 890, Functional Clothing, College of Home Economics, University of Nebraska-Lincoln. The report shows two possible ways a garment may be altered. The illustrations are shown in quarter size scale patterns. The adjustments could be adapted to any size; however, the model and test fitting was done on girls size 8. Some figures and sizes might require varying amount of adjustment. The class is greatful to Kari Fouraker for being the model and testing the fit of the garment alterations. Both methods fit equally well over the brace. The method of alteration might be selected on the basis of the design of the garment being made.

ALTERATIONS

Alteration by extension is a method of adding width at the side seam area in the amount needed to accomodate the brace. The approximate amount needed both at the bust and the waist area on the tested size 8 figure was 5 inches. This amount could be achieved by extending the bodice back 1¼ inches and extending the front the same amount at the underarm from the bust to the waist (See Figure 1).

When an extension is made in a seam, it is necessary to make the same adjustment in the piece to which it is attached. In this case, the sleeve and the skirt underarm seam must be extended at both the front and the back, the same amount, 1¼ inches. The adjustment amount on the sleeve was necessary only at the underarm, making it necessary to taper to nothing at the wrist (see Figure 1).

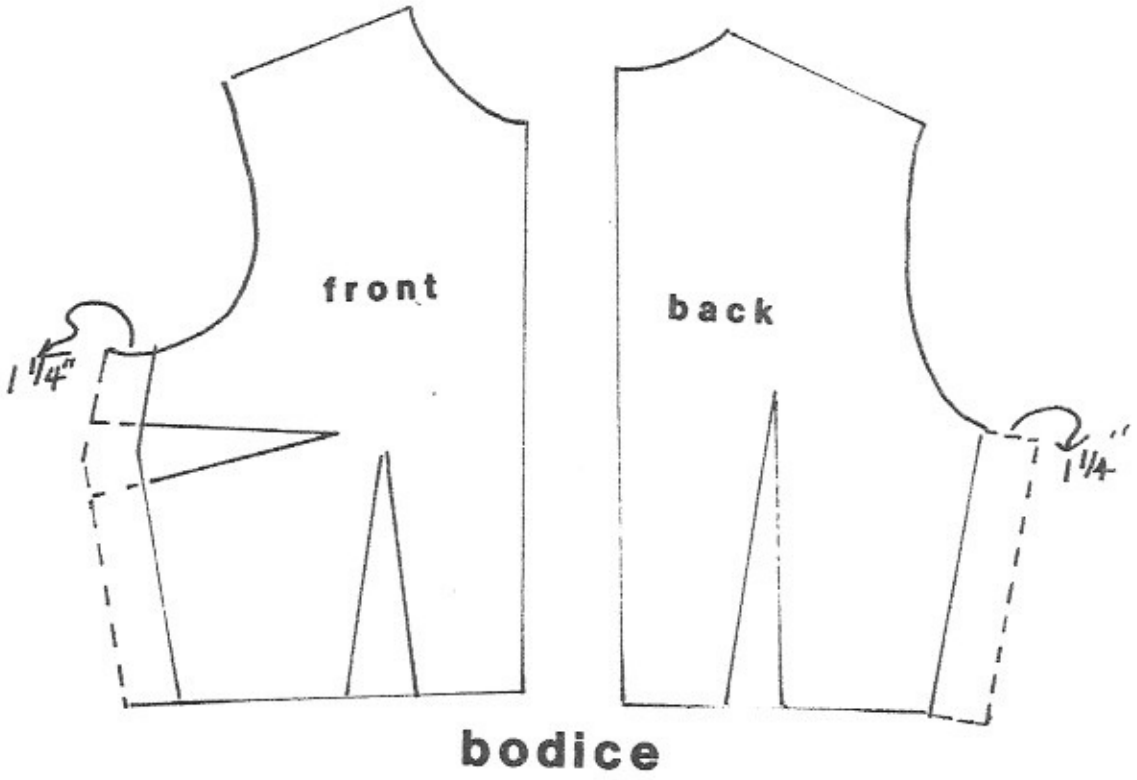
The side seam of the skirt would require the same amount be added to both the back and the front. In this case 1¼ inches is added at both the front and back. To allow the skirt to hang properly, the extension must be made the same width from the hipline to the hem (see Figure 1A). To fit the hip curve, it was necessary to stitch in an additional 1 inch dart at the front skirt slash and 1½ inch dart at the back skirt slash (see Figure 2). For the bodice to fit the skirt, some easing would be necessary. Use the same process for slacks; however, in slacks, it would be possible to taper from the knee area to the bottom hem.

Alteration by slash and spread is a method where you cut into the pattern so additional room can be made by spreading the slashed area the needed amount. In this case, 5 inches was needed at the waist and 5 inches at the hip line. The bodice was slashed between the waist dart and the side to the vertical line 3 inches down from the center front shoulder. The spread on the front piece was 1¼ inches tapering to nothing at the end of the slash. The spread on the back bodice was the same (see Figure 2).

The slash in the skirt was made between the waist dart and the side seam to the hipline and angled to the side seamline in both the front and back. The spread made at the waist 1½ inches and at hip line the spread tapered to 1 inch. The angle slash allowed the pattern to lie flat (see Figure 2).

Reference:

Berkow, R. The Merck Manual of Diagonis and Therapy. New Jersey: Merck and Co., 1982.



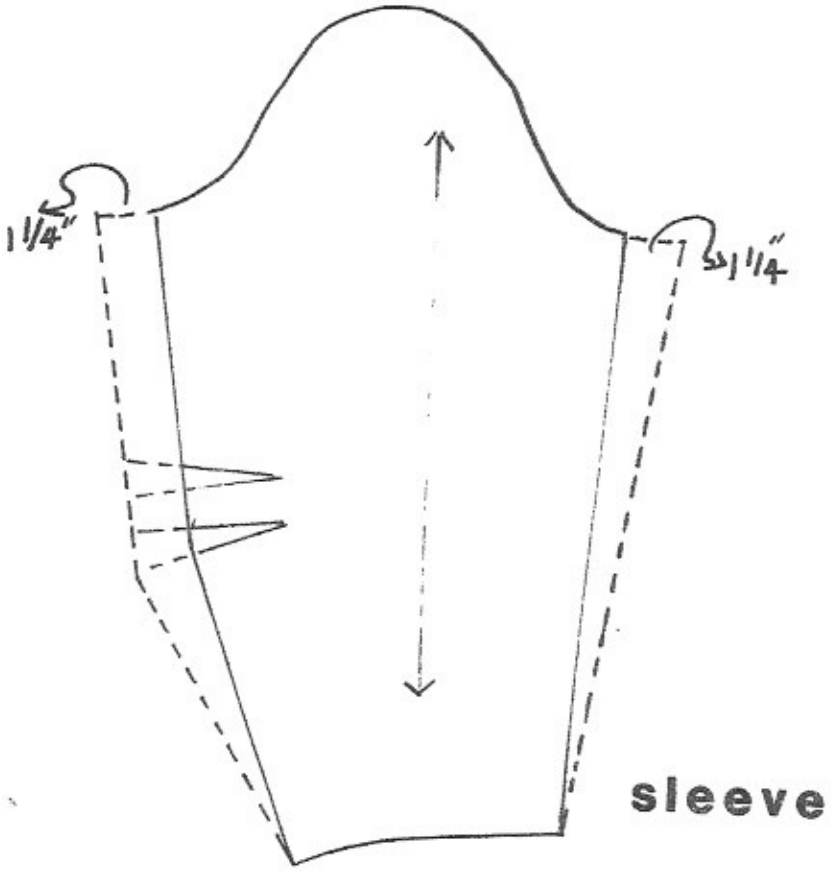


Figure 1. Alteration by extension

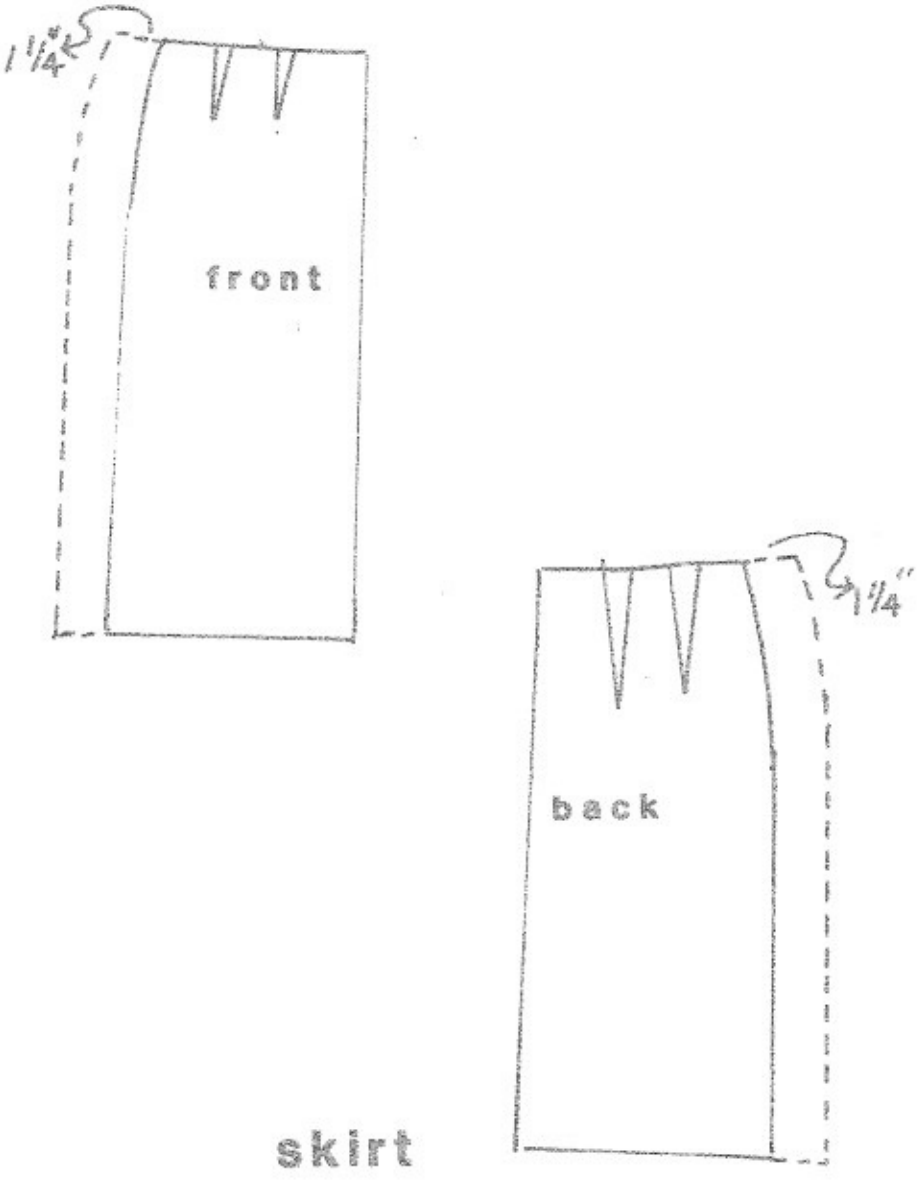


Figure 1A. Alteration by Extension

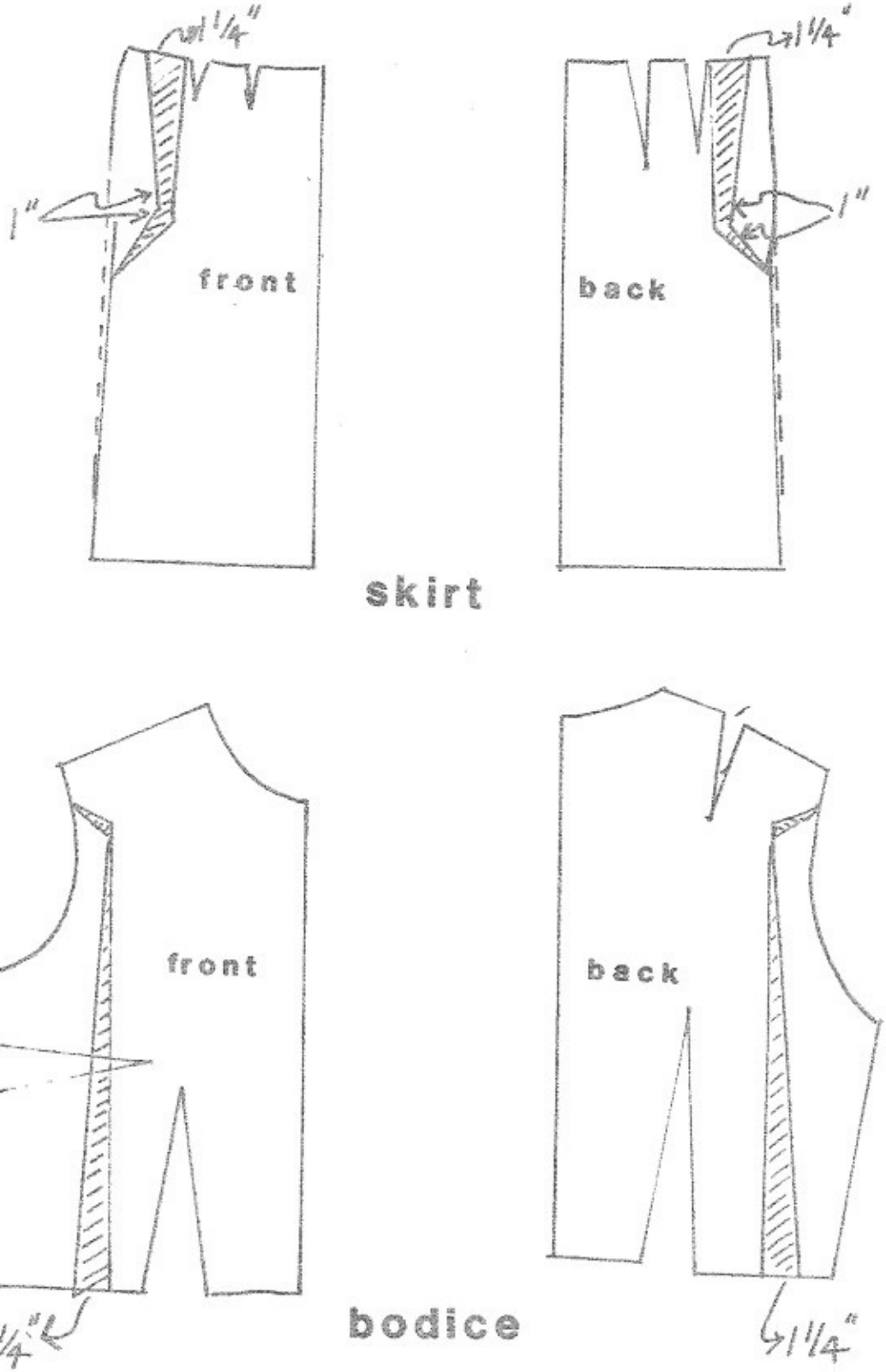


Figure 2. Alteration by slash and spread